



Sacramento Area Career Womens Network, Inc.



JoAnn on Dating & Stages of Relation- ships

Lesbian Sex Revisited JoAnn Loulan Returns !!!

On Saturday, January 11th, JoAnn Loulan returns to Sacramento to share more of her insight and humor about lesbian sexuality. She will focus her lecture on "Dating" and "Stages of Relationships".

Since the publication of her first major book, Lesbian Passion, JoAnn Loulan has established herself as a nationally known author, sex educator and counselor specializing in the sexual and emotional concerns of lesbians. In the past, JoAnn has talked about everything from orgasms to "butch and femme roles". Her trademark is humor mixed with keen observations on lesbian culture. Come out and enjoy an evening filled with wit and wisdom. Laugh at yourself and learn a bit more about lesbian relationships and sexuality.

Saturday, January 11th
CAL EXPO CLUB
7:00 Networking
8:00 Program begins

Pre-Registered member \$14.00
Member at the Door \$18.00
Non-Member \$20.00
Limited Income/Sr./Student \$11.00

Calendar of Events

Feb. 15 SACWN Valentine Dance
Cal Expo Club

Mar. 21 SACWN Women's
Herstory

Dec. 21 Sacramento Men's Chorus
for more info 444-5213

Mondays Women's Rap and
Social at the Lambda Community
Center from 7-9 p.m. - for info call
442-0185

Fridays Cafe Lambda live
entertainment - call 442-0185
Country Western Dance at 7:30
p.m. in the activity center
of River City MCC

Up- Coming Event

Plan ahead for Valentine Dance at
Cal-Expo Club Saturday February
15, 1992. More info to come.

HIGHLIGHTS

<i>A Message From the Steering Committee</i>	2
<i>Announcements</i>	2
<i>Special Interest Groups</i>	3-4
<i>General Interest News</i>	4-6
<i>Business Ads</i>	7-10

A Message From the Steering Committee

Very best holidays wishes to all of you from all of us on the Steering Committee. May 1992 be a wonderful, growth-filled year for us all.

Enclosed with this issue of your newsletter is our gift to you — the new SACWN Directory. We decided to mail it out to everyone rather than trying to have you pick one up at an event, so that you can begin using it — and networking with those listed — right away. Thanks to the efforts of Susan Goodrich and her committee, and to the contributions of our advertisers, we are able to distribute the directory this year free of charge. Enjoy it...and if you're not listed this time, think about a listing next year.

We are pleased to report that we received many wonderful comments from those who were at the October Dance about our newly-discovered facility at the Cal Expo Club. It is private and cozy with free parking right outside the door and plenty of security on the Cal Expo grounds. We had excellent arrangements with the caterer and very friendly women behind the bar, with plenty of round table seating. Based on several suggestions, we'll improve the signage next time from Gate 12 to the building, to make it even easier to find. Many thanks to Corky and her committee for a job as always well done!

As a result of all the favorable comments we've reserved this facility for the Jo Ann Loulan program in January and the February Valentine Dance. Space will be limited for the always entertaining Loulan, so be sure to reserve your tickets early to be guaranteed a place. We'll have a theatre-style seating and try to accommodate everyone, but reservations are strongly recommended to secure your spot.

1991 has been a tough year in many ways in our state, bringing financial insecurity to many and great political disappointment to all of us with the hurtful veto of AB101. Here's hoping we'll have much to celebrate in 1992.

Rosy Metrailer
Corporate Coordinator

Happy Holidays from SACWN!!!!!!!

Enclosed with this mailing of your newsletter is your new SACWN Directory! We hope you enjoy perusing its pages, and will support its advertisers who support you. The directories are provided free this year as a privilege of your SACWN membership!

The last newsletter indicated directories would be given out at programs, but after careful consideration, we decided the directory could be made available to all subscribers through a mailing. This makes the directories available to all members who might otherwise be unable to pick them up at programs, and ensures that ALL members receive them. And we are happy to be able to present them as a holiday present from your Networking Committee and SACWN!

Thanks you again to all who helped put the directory together, including Barbara B., Rosanna H., Pat T., Dorothy S., Jan B., and Susan G.

The directory is the final project of this Networking Committee and Chair, Susan Goodrich, who have served for the past two years to bring you not only the directory, but the HUB, the Networking Program during Women's History Month, the first SACWN Women in Business Fair, the booth at the Lambda Freedom Fairs, and the very popular Love, Lesbian Style Programs, and the Dating Games and Newlywed Games. We've enjoyed bringing these programs to you and are now ready to pass the baton on to other volunteers who can carry on the roles of the networking committee. We welcome your new ideas and energy, and urge members to call to give something back to our community.

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Special Interest Groups -- January

Hope you all had a good Thanksgiving and that Chanukah and Christmas find you healthy and happy. We will be starting a Newcomers group for people who are new to SACWN or for those of you who would like to meet other SACWNites in a smaller group than the monthly meetings. We're also hoping that you'll come up with some ideas for other new groups. Call me — you don't have to be the one to facilitate; we'll advertise in this column for facilitators.

This month, we'd like to thank JOYCE (who is passing on the baton for pulling together the BRIDGE group and helping make it so successful. From contributing prizes from her own picket to being an efficient and enthusiastic facilitator, Joyce has helped this group become one of the most active SIG groups!

Ellie Zacks 967-3513

BRIDGE

The December event will be a Christmas party — partners are invited. We'll visit, play a little bridge and enjoy a potluck at Joyce and Lydia's. January dates are the 10th (location to be announced) and the 26th at 4 p.m. (at Ellie's). Call Susie, our new facilitator, for details.

GOLF

This group will reconvene in April.

SOCIAL CONNECTION

(formerly Singles and Others)
We're going to have a Whoopi

Goldberg film festival and potluck on January 18 at 6:30. Call Ann for details at 927-6038.

BOOK GROUP

It's a holiday tradition! The Book Group selection for December is a poetry reading of whatever poetry you enjoy. It can be modern or classic or your own composition. WE each get to read one (or more, as time permits) and explain what it is we like about our selection. The Book Group meets the 3rd Sunday each month, which in Dec. is the 15th at 3 p.m. Please join us. For more information, call Gretchen, 922-6287.

LATE-BLOOMERS

Hey late-bloomers! Where have you been keeping yourselves? Our group is alive and well and ready to welcome newcomers. No matter how unusual you think your situation is, probably someone in this group has shared experiences similar to yours. The holidays are upon us and present questions to us all - like concerns about family and friends or feeling somewhat removed from our former lives but often still actively participating in them. We are an open group of caring women who are willing to talk and share stories and also laugh together and plan some fun. We'll be meeting on Thursday, Dec. 12th at 7:30 p.m. and Thursday, Jan. 16. Call Mary V. (631-7393) or Mary G. (395-1446) for more information. Tell us if you need a discreet message when we return your call.

CULTURE CLUB

What we do: movies, concerts, dining out, miniature golf, trips to San Francisco, plays opera, the symphony, fun, fun and more....

Who we are: a great group of friendly, adventurous, fun-loving women.

How to get more info: come to the next potluck planning meeting on January 10. Call Ann for time and date, 927-6038 or Cheryl for directions.

ANNUAL ASHLAND ADVENTURE

Labor Day Weekend '92 — In case you thought Ashland, Oregon only has Shakespeare to offer — well, it's not true. Ibsen, Checkhov, Shaw and other classic and modern playwrights are featured in the three different theaters in this charming town. One of the favorite activities this group does is shop, and there's no sales tax in Oregon! We do KOA camping and have two sites reserved, but you can stay at Bed and Breakfasts or wherever you choose. Call Gretchen, 922-6287.

TOP TEN

Top Ten is mainly for the ten percent of SACWN membership age 50 and up. Although organized around that premise, we have a thriving membership (43 women), many of whom have not yet reached their "golden" years! The group is warm, lively and friendly. We have made some wonderful friendships, and even love matches, and continue to get to know each better every day. We meet once a month, the second Sunday, and also get together for dinner later in the month.

continued on page 4

SIGs continued

Our issues have also grown. We expected to share information about retirement, health care, aging parents, etc., but didn't expect how lively some other topics and activities would be! Many of us also participate with other local political and nonpolitical groups, and our individual interest covers a wide spectrum.

In November, we enjoyed hot conversation and excellent Italian food. In December we're looking forward to a Christmas brunch. Mark Sunday, Jan 12th as well. Call Gayle this month (456-4121) for more info.

DAVIS OVER 30

On Dec 13 at 8:00 p.m., we will be attending a concert of the Sacramento Women's Chorus at Trinity Presbyterian Church on Park Blvd (just off Jefferson) in West Sacramento. On Sunday, Jan 26th we will have a Superbowl party at 1637 Baywood, Davis (large screen TV). Games available for non-football fans. Bring your own snacks and drinks. Call Kathleen, 756-6358 for more info.

OUTDOOR RECREATION

We're currently in an identity crisis in this group and are attempting to redefine what we want to do! Call Rita Mae, 454-5847 or Martina, 452-6007.

SECOND STAGE RECOVERY

Exploring options, evaluating choices, creating possibilities, emerging toward a limitless future. This is what we work for in Second Stage Recovery. This is our approach as well as our goal.

If you have at least one year in a twelve step recovery program and

are enthusiastic to undertake solution-focused, rather than problem-focused action, join us. Call Ann, 927-6038.

RAINBOW CAMPERS

See you next year!

WOMEN SURVIVING BREAKUP

Recently broken up? Still sometimes hurting after a year or two? Wondering how to make the holidays go well?

We've had great turnouts. We're using a new format with a topic (about coming apart, healing, and moving on) for the whole group and smaller groups to discuss personal concerns. Call Sandy, 933-0670.

TWENTYSOMETHING

Happy holidays! Our group had a holiday party potluck on Dec. 14. This was a great chance to meet other women your age—so be sure to come to our party next time. We'll be planning activities for the upcoming months. For more info, call Michele, 447-3989 or Tina, 456-1913.

PLAY-READING

We are meeting twice a month on the 2nd and 4th Monday nights at 7:00. All types of parts are available. RSVP, Lenora, 444-00102.

COUPLES GROUP

a new facilitator (or couple of facilitators) is needed for this group. Call Ellie, 967-3513.

LESBIAN PARENTS

We hope all had a good Hallowe'en and Thanksgiving. There is a tremendous amount of interest for a group but not any action. WE need your help in planning events for us

and our kids. If you could participate in becoming part of a planning committee or have ideas for events for sharing time with our kids, please call Sheri, 739-1691.

MUSIC ENSEMBLE

The woodwind ensemble is now complete so this group is closed at this time.

BASKETBALL

We started in October and are playing Saturday mornings from 9-11 for fun and exercise. ALL skill levels are welcome, no previous experience necessary! For information on location, call Maggie, 456-1420.

Spotlight on Special Interest Groups: The Social Connection

Formerly called the "Singles Group" and the "Singles and Others Group", the name has changed but not the focus. When Jean, one of our more active members, suggested the change, the response was overwhelmingly positive. It emphasizes the primary goal of the group, to have fun, and open s the door to more SACWN members.

"We keep losing our members to love," says Ann Johnson, co-facilitator for the last year and a half. "It's a great reason, but it sure decimates the group. Often".

"It's a great group of women," says co-facilitator, Joan, "if you're new in town its a great way to get plugged into the community."

Some of the group's recent activities include potluck dinners,

house parties, miniature golf, a super Pictionary Challenge, Thanksgiving dinner at a member's home, a Bette Midler film festival, the First Annual River Rafting Trip, good conversation and great food (of course). This month's upcoming events include an excursion to Nevada City to enjoy the traditional Victorian Christmas Fair and decorations.

The Social Connection is always looking for new members and new ideas. It's also a great place to get to know people if you're new to SACWN. The group rides itself on its warmth and friendliness and the co-facilitators, Joan and Ann, have pledged to make a special effort to be sensitive to the needs of new members who may feel a bit tentative about approaching a new group of women.

"We welcome your comments and concerns", says Ann. "But, if you call in the middle of the day I won't be home! Leave a message and I'll get back to you but be patient - I can't always do it right away. If you really want to talk to a person, not a machine, call me in the evening or on the weekend. I'm amazed at how many people call (I assume) just to talk to my machine. I think then maybe they want me to call their machines back with the information. When I can get my machine to do all the work, I'll have it made! Seriously, I can understand how hard it is to make that first attempt to join a new group - I did it too, and not that long ago - we've all been there and we remember what it was like. But for those of us who enjoy what a group like this has to offer: the camaraderie, community, and good company, it was sure worth it."

Are We Making This Harder Than It Has To Be

by Ann Johnson

I was dismayed to read Sandra Warne's recent newsletter column regarding newcomers to SACWN - that we don't welcome them, that we're cliquey and unfriendly.

First let me say this is not the SACWN I know (is there another one out there?) But, admittedly, I've head this complaint before.

For clarity's sake I called Sandra and spoke with her about her position. I was initially concerned that she was referring specifically to the special interest groups, but she assured me that she was not — she meant that women group together at special events and that this is intimidating to newcomers.

She went on to say that SACWN needs to outreach more to potential new members. That we should be more understanding and accommodating, that we should remember how hard it was to be new ourselves. I agree. But only up to a point. She feels that because newcomers are so shy, even too shy oftentimes to make an initial telephone call, older members should somehow take more of an initiative.

But should we be taking extraordinary measures? Should we be out beating the bushes for new members? What is appropriate? What would make it easier for new members without resorting to co-dependency to do so? I have a few ideas: I'd like to hear more.

First, the special interest groups are a wonderful way to break into SACWN. They are smaller, more informal and way less intimidating. The Singles Group, for example, has a couple of dozen regular members, it's friendly and open, it is not a cruise joint. It's very safe. We have potlucks, we play board games, we dance, we talk, we play miniature golf. As a co-facilitator I will make even more of an effort to be sensitive to those initial phone calls, to be more reassuring, to try to allay any fears newcomers may have.

The Culture Club is another great place to break in with a smaller group. We have dinner meetings where we plan just for fun events : movies, concert, trips to S.F. We eat well and we laugh a lot.

I can only speak for those groups I'm familiar with, but from what I've heard from others the same is true. This is as safe as it can get.

Another easier way to get to know people is through volunteer work. In a group the size of SACWN, there's lots to do and never enough women to do it. Sit at the door and greet women as they come in, become a co-facilitator in a special interest group or start your own. Get on a committee - I promise you you'll meet other women.

Without volunteers we won't survive. And volunteerism is a win-win situation for you. You meet other women, you ensure the survival of the hub of the Sacramento Lesbian Community (where would we all be if there was no SACWN, hmmm?), you even get to help decide and plan events you want to see happen.

continued on page 6

SACWN wants new members, that's a given. We're a social group - we want to have fun. We want to continue — to survive and be viable. But newcomers: meet us halfway. Participate, take a risk, make a phone call. Yes, it's scary. We're all scared. Everyone I know gets on the telephone and plans for special events. Goddess forbid we, any of us, no matter how many people we know or how long we've been around, should have to walk into a group of several hundred women alone and have to look around for a group to sit with.

I know I'd rather die or, maybe, just stay home. □

The Willingness to Change

by Sandra Warne, M.A.

"Life shrinks or expands in proportion to one's courage".....Anais Nin.

With the new year, comes the opportunity once again for change. yes, we always have that opportunity, but we are made aware of it once again as January 1st approaches. "The universe is change' our life is what our thoughts make it." Does that sound like some new cognitive therapy model? It wasn't new when said by Marcus Aurelius Antoninus in 121-180 A.D.

Conquering negative thinking may require some major changes, not just mental ones but emotional and perhaps physical ones as well - what generally is known as your lifestyle. you may have to change your job, where you live, friends, clothes, habits, all sorts of things. If you want to feel better, be willing

to change, be open to change. Welcome and invite positive change into your life. Remember, "There is nothing so permanent in life, as change," "Nothing endures but change"....Heraclitus.

If you're in a rut, if you've grown accustomed to tolerating intolerable situations, change may not be comfortable and change may not be easy. It takes courage to look at one's life, discover what's no longer working, and then, change it. Mark Twain reminds us, "Courage is mastery of fear - not absence of fear."

Whatever you have right now in your life is the result of what you thought, felt, and did up until this time. If you want things to be different, to be better, you will have to change what you think, feel and do.

It's as simple as that. Simple but not necessarily easy. Not necessarily easy but necessary.

Take a good honest look at everything in your life. Get rid of what is not working.

That one. Dare.

Throw it way.

Send them packing.

Walk away.

In others words, change.

....Have a Happy New Year!

Harvest Moon Dance

The secluded atmosphere of the Cal Expo Club made it a prime location for this year's fall dance. SACWN members enjoyed the privacy of the spacious dance hall, although a few admitted it was a bit tricky to find. However, in addition to the beautifully decorated tables, the dance committee posted a large SACWN sign outside the door. Adding to the comfortable feeling of the Cal Expo Club was DJ Torch. She played a pleasant mix of music that was loud enough to dance to, yet not so loud that members couldn't converse. If you missed the Harvest Moon Dance, be sure to join us at the Cal Expo Club for the upcoming Valentine Dance.

— — —

Ballroom Dance Classes

SACWN members Deb H. and Annie A. have been taking John Batchelors ballroom dance classes for the past four years. They provide a great opportunity to learn dance, and meet people. John's ballroom dance class is the only one of it's kind available to the gay and lesbian community of Sacramento.

Although Deb has been dancing for four years, she claims that there is always something new to learn. In addition to participating in John's classes, Deb performs demonstrations with John at social functions, both gay and straight. Most recently they performed at the Lambda Freedom Fair.

John offers two classes: beginning and intermediate. Some of the dances John teaches are: the waltz, swing, fox-trot, tango, cha cha and rumba. For information about the next class session, call 453-8991.

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For Further Information call:
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New Lesbian Group Forming

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Sandra Warne, M.A. IMF 17590

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* Thoughts for a hopeful New Year • You are a channel for creative energy
▲ Satisfaction comes from the way you nurture and inspire this creative energy *
You are not responsible for the actions or feelings of others - You can take neither credit
nor blame * With a strong sense of self you can be helpful to another equally self-
responsible individual * You are here for a reason - to participate and share in the
great mystery of creation * Striving for control and certainty creates insecurity
and despair + Blaming others for your discomfort separates you from the energy of
love and reinforces feelings of hopelessness * We are free to give and receive only
when we are fully conscious of what we are doing and capable of setting limits • An
uncomfortable paradox: When you greet the darkness within, you will discover the
light waiting there * Hope comes from taking responsibility for yourself and then
committing your love and energy to something worthwhile * Wild Ideas from
Cathy Wild